



The City Newsletter

IGA



Population of Iga City 87,789

Foreign Nationals 5,373

6.12% of Population

End of April 2022

Also available online at <http://www.mie-iifa.jp/> ☆この情報紙は『広報いが』などから記事を選んで載せています
Articles published in this newsletter are taken from the monthly "Kouhou Iga" and other publications.

COVID-19 Vaccination 新型コロナ ワクチン接種

◆The Booster Shot (The 4th Dose) 新型コロナワクチン追加接種 (4回目)

The government has issued a policy for the fourth dose of the COVID-19 vaccine. It is to prevent severe cases of the disease.

【Eligibility】Persons who meet the following conditions after 5 months have passed since the third vaccination.

- People over 60 years old
- People between the ages of 18 and 59 with an underlying medical condition
- Persons who are deemed by a doctor to be at high risk of severe cases

【Shipping of Vaccination Coupons】

People over 60 years old--- Shipped in the order of 5 months after the third vaccination.

People over 18 years with an underlying medical condition---Please apply if you wish to be vaccinated.

【Applications】Call Exclusive Vaccine Call Center Tel:0120-849-064 or apply at web through this QR code:

【Inquiries】Vaccination Promotion Division Tel: 0595-41-1550



◆Consultation on COVID-19 Vaccination in Iga 新型コロナワクチン接種に関する相談

【Exclusive Vaccine Call Center】 Tel:0120-849-064 (Monday through Saturday: 8:30am-5pm)

◆The Digital Certificate for the COVID-19 Vaccine App ワクチン接種 証明アプリ

If you have a My Number Card, you can get the digital certificate for overseas and domestic.

★The vaccination status in the app is **not** automatically updated;

After the additional dose, please issue the certificate again.



Google Play APP Store

Financial Assistance for Children and Schoolers こども・学生への支援

Child Allowance Update 児童手当 現況届

じどうてあてげんきょうとどけ
児童手当 現況届

It is no longer necessary to submit a "Genkyo todoke (current status report)" for child allowance purposes from June 2022. However, the following must be submitted by June 30 Thursday.

- Those who are in divorce proceedings and living separately from their spouse
- Foster parents and other people who are requested to submit the form by the city
- *Income limits were also established for "Tokurei Kyuufu". Those who exceed the limit must apply for child allowance in June of the following year.

* If your child allowance is currently suspended because you are currently overseas, please contact the city office upon your return to Japan.

【Inquiries】 Kodomo-Mirai Ka Tel:0595-22-9677



Scholarships Available in Iga

いがししょうがくきんせいで
伊賀市奨学金制度

【Application period for both funds】 June 13 Mon – June 30 Thu

◆Iga Sasayuri Scholarship Fund

This was established with the aim of awarding the scholarship funds to outstanding students who have a clear sense of ambition and are in need of financial assistance. You must fulfill all four of the conditions below

- 【Eligibility】 1)Have your address in Iga, unless you live outside of Iga in order to commute to school
2)First year of university or junior college or fourth year of Koutou Semmon Gakkou
3)Have graduated from a junior high school or senior high school in Iga
4)A member of a household with a combined annual income of less than 7,800,000 yen.

【Allowance】 240,000 yen a year

【Availability】 2 students

◆Iga City Scholarship Fund

The program is open to who meet all of the following

- 【Eligibility】 1)Have your address in Iga, unless you live outside of Iga in order to commute to school
2)Students enrolled in high school, university, Semmon Gakkou, etc.
3)Those who do not have any household members who should pay inhabitant tax on income for FY 2022

【Allowance】 72,000 yen a year (high schools and public universities) / 84,000 yen a year (private universities)

【Inquiries】 Kyouiku-Soumu Ka Tel: 0595-22-9644



Monthly Tax
Payments
今月の納税

Pay by June 30 Thursday
Resident Tax the 1st [Shi-Kenmin Zei]

【Inquiries】 Shuu Zei Ka Tel 0595-22-9612

Medical Check-ups Information 健康診のお知らせ

Please come wearing a mask. If you have a fever or are displaying symptoms of cold, please don't come.

Cancer Screenings, Medical Check-ups for Youth (First round) がん検診・若年者健診

Cancer screenings and medical checkups are offered twice a year. Please check the dates and times of the screening or checkup which you would like before making an appointment. These are only available to those who meet the requirements below and are residents in Iga. It is not possible to take the same screening twice in the same fiscal year. Also, if you have any symptoms, please go and see your medical practitioner directly.

【For Appointment】Kenkou Suishin-ka Tel: 0595-22-9653 (8:30am – 5:15pm on weekdays)

Screening		Eligible Age	You pay		Details
			Under 74	Above 75	
Stomach Cancer		Above 20	1800yen	800yen	X-ray of your abdominal region will be taken after you drink barium. DO NOT EAT OR DRINK AFTER 10PM THE DAY BEFORE. You are not eligible if you are pregnant or have previously had abdominal surgery.
Colon Cancer		Above 20	800yen	500yen	You will be given a container in advance. Please collect stool samples over two days. Not eligible to women during their period.
Prostate Cancer		Males above 50	800yen	500yen	Blood test
Cervical Cancer		Females above 20	1400yen	500yen	Tissue swab of the cervix and examination. Not eligible to women during their period. If you have had surgery on your womb before, please consult your doctor. ※Free for 20 years old
Breast Cancer *Free at 40 years old	Mammography	Females above 30	1600yen	800yen	An explanation of how to perform self examination and an x-ray (mammography). Not eligible to pregnant or breast feeding women.
	Ultrasound(Echo)	Females 30-39	1600yen		An explanation of how to perform self examination and an echo examination. If you are pregnant or breastfeeding, the result may be "follow-up".
Youth Checkup		20~39	3400yen		Measurements of height, urine sample, blood pressure, blood test, ECG, medical examination etc. Please come on an empty stomach for the sake of the blood test.

Special Health Check-ups 特定健康診査

Details for special health check-ups during this fiscal year will be as follows. Those eligible will receive their voucher and health questionnaire at the end of June.

	Special Health Check-Ups	Check-Ups for the Elderly
Eligibility	40~74 (Born between September 1, 1947 and March 31, 1983) Enrolled in Iga National Health Insurance	75 and above Enrolled in elderly health insurance (<i>kouki koureisha iryou seido</i>) and by August 31 will become a policy holder (above 65 with a recognized disability)
Details	Oral examination, measurement of height, weight, waist etc, blood pressure, urine test, blood test (fat, kidney function, liver function, metabolism, uric acid etc) *No waist measurements taken for the elderly. In-depth testing (where deemed necessary by a doctor based on predetermined standards), eye examinations	
Time Period	July 1- November 30 (During clinic hours)	
Location	Designated clinic in Iga or any clinic in Mie cooperating with the scheme	Any clinic in Mie cooperating with the scheme
You pay	0 yen	
Please bring	Voucher, health insurance certificate, health questionnaire	
Inquiries	Hoken Nenkin-Ka Tel:0595-22-9659	Mieken Kouki Koureisha Iryou Kouiki Rengou Tel: 059-221-6884

Individual Cancer Screenings 個別がん検診

You can also have cancer screenings through your regular hospital or clinic individually. Contact the clinic at which you would like to have your screening directly in advance to make an appointment.

【Inquiries】Kenkou Suishin-Ka Tel:0595-22-9653

Cancers	Stomach Cancer		Colon Cancer	Prostate Cancer	Cervical Cancer		Breast Cancer
	gastrofiberscope	Intragastric X-ray			Uterine Cervix	Uterine Corpus	
Eligibility	above 40		above 40	Males above 50	Females above 20 *Uterine Corpus requires physician approval		Females above 40
You pay	Under 74	4500 yen	3800 yen	1200 yen	1000 yen	1600 yen	2400 yen
	Above 75	2500 yen	2000 yen	800 yen	600 yen	700 yen	1200 yen
Free on welfare							
Period	Jul 1 - Feb 28, 2023 (During clinic hours)						

COVID-19 Updates 新型コロナウイルスに関するお知らせ

If you get a fever... 発熱などの症状がある人の相談窓口

If you have a fever or other symptoms, please call your family doctor or a medical institution before visiting. If you do not know where to call, please contact the following:
Iga Hokencho (Municipal Health Dept) Tel:0595-24-8050 (9am-9pm)
Mie Emergency Medical Info. Center Tel:059-229-1199 (9pm-9am of the following day)



Infant Health Checkups and Consultation

赤ちゃんの検診と相談

In Iga, checkup examinations are available at 18 months and 3 years. Notifications will be sent out to homes with children eligible for the checkups. Please bring your "Mother-Child passbook (*Boshi techo*)" with you.
【Inquiries】 Kenkou Suishin-Ka Tel:0595-22-9653



18 months	June 14, July 5 and 26	1pm to 2:40pm	Haitopia Iga 4F
3 years (3 and half years)	June 30, July 21	1pm to 2:40pm	Haitopia Iga 4F

Medical Emergencies & Assistance

救急医療

When you need medical treatments, see your family doctor during your clinic's opening hours. If you fall sick when the clinic is closed, refer to the following options. Make an appointment before your visit and bring your health insurance certificate.



◆Iga-shi Emergency Clinic (*Oukyu Shinryojō*) / TEL: 0595-22-9990

【Clinical Department】 Internal Medicine and pediatrics

【Address】 Iga-shi Ueno Kuwamachi1615 (Behind Okanami Hospital)

Mon to Sat	8pm-11pm
Sun and Holidays	9am- noon, 2pm- 5pm and 8pm-11pm

◆The Mie Medical Information Center (*Mie ken Kyuukyuu Iryou Jouhou Center*) / TEL: 059-229-1199

This center can give you information about which hospitals are available in your area.

◆24 Hours Iga-shi Emergency Call (24 Iga-shi Kyuukyuu Kenkou Soudan Dial) / TEL: 0120-4199-22

This is a toll free consultation about health and medical issue 24/7. You can ask anything about physical and mental health, medical issue, child care, nursing service and so on anytime.

◆Three medical emergency facilities on duty

Hospital Name	Schedule		
Ueno Shimin Hospital TEL: 0595-24-1111	Mon to Fri:	Sat, Sun and Holidays	
	5pm - 8:45am	8:45am- 8:45am	
Nabari Hospital TEL: 0595-61-1100	Mon to Fri:	Sat, Sun and Holidays	
	5pm - 8:45am	8:45am- 8:45am	
Okanami Hospital TEL: 0595-21-3135	Mon	Wed	Sun, Holidays
	5pm- 9am	5pm- 8:45am	9am-8:45am

※The closing time is the time of the following day.

June						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Except pediatrics			1 Okanami	2 Nabari	3 Ueno	4 Nabari
5 Okanami/Nabari	6 Okanami	7 Nabari	8 Okanami	9 Nabari	10 Ueno	11 Ueno
12 Okanami	13 Okanami	14 Ueno	15 Okanami	16 Nabari	17 Ueno	18 Nabari
19 Okanami/Nabari	20 Okanami	21 Nabari	22 Okanami	23 Nabari	24 Ueno	25 Ueno
26 Okanami	27 Okanami	28 Ueno	29 Okanami	30 Nabari		

※Be sure to call before you visit the hospital.

Advice & Consulting

相談窓口

You can get advice relating to work problems, schools, health, insurance, retirement & pensions, child-rearing, housing, taxes, visas, or any other problems related to your day to day life. This service is free. If you have any problems or difficulties, don't leave them until later. Come to city hall or Tabunka Kyousei Center for reliable, professional advice.

■Tabunka Kyousei-Ka

【Tel】 0595-22-9702

【Open】 Mon-Fri, 8:30-17:00

【Venue】 3184 Shijuku cho, Iga-shi
City Hall 2F

■Iga-shi Tabunka Kyousei Center

【Tel】 0595-22-9629

【Open】 Mon-Fri, and Sun(2nd & 4th) 9:00-17:00

【Venue】 Haitopia Iga 4F, 500 Ueno Marunouchi, Iga-shi
【URL】 <http://iga-tabunkakyouseicenter.com>



Website



Facebook

■Private Consultation

Regarding the Visas, international marriage, nationalization and etc, you can consult *Gyousei-shoshi*, an administrative scrivener. Reservation required.

【Date】 July 7, Thu
1:30pm - 4pm

Tips for Everyday Life

生活のヒント

Disaster Prevention

風水害に備えよう

- ★Keep food and drinks for one week and daily necessities in an emergency bag.
- ★Check the hazard map for hazardous points in your area.
- ★Participate in local disaster drills on a regular basis.
- ★Upon registering your area, Chubu Electric Power Company's application will inform you of power outages.



App Store



Google Play

Disaster Prevention Leader Training Course for International Residents

(外国人のための防災リーダー教室)

Let's learn about disaster prevention to protect your family and your loved ones in case of an emergency.

- 1) July 17 Sunday 9:45am-5pm
The bus tour will visit the Disaster Prevention Center in Kobe, which was hit by an unprecedented earthquake in 1995.
- 2) August 7 Sunday 10am-12am
Lecture on Becoming a Disaster Preparedness Leader in the Expatriate Community
- 3) September 18 Sunday 10am-12am
Tour of the fire station. Learn about the work of firefighters and first aid.

Free of charge, 30 international residents who understand basic Japanese can take the course.

【Inquiries】 Iga City Disaster Volunteer Center Tel:0595-21-5866



かくしゅきょうしつ あんない
各種教室のご案内

Learning Support Class
Sasayuri Kyouitsutsu

ささゆり 教室

Students can find support to reinforce material learned in school in Japanese, for the 3rd to the 9th grader.

【Date】 Sat. 2pm - 4pm

【Venue】 Sogo-Fukushi-Kaikan 2F

【Fee】 200yen / class

【Tel】 0595-23-0912

Cell: 080-3590-7612

Japanese Language Class
Iga Nihongo-no-Kai

伊賀 日本語の会

Who wants to speak Japanese, come and join us! Also you can prepare for Nihongo Kentei test here.

【Date】 Wed. 7:30pm - 8:40pm

Sat. 7pm - 8:30pm

【Venue】 Sogo-Fukushi-Kaikan 2F

【Fee】 200yen / class

【Tel】 0595-23-0912

Kanji Learning Class
Kanji Kyouitsutsu

小学生 漢字教室

Elementary school students, let's have fun learning how to write kanji and what they mean!

【Date】 Wed. 3:30pm - 4:30pm

【Venue】 Haitopia 4F Tamokutekishitsu

【Fee】 Free (0 yen)

【Tel】 070-4455-4900

The availability of the classes will change depending on COVID-19. Please check with the contacts for each class.

Hot Topics 新しいお知らせ

Photo Exhibition for the World

せかいとつながる写真展

Each country in the world has its own diverse culture and values. It is a great opportunity to learn about countries around the world through photography, so you can enjoy this exhibition of photographs showing the people and landscapes of the Kingdom of Morocco in Northwest Africa.

【Date】 Friday, July 8, 12:00 noon to Tuesday, July 19, 3:00 p.m.

【Venue】 Haitopia Iga 5F, Exhibition Gallery

【Inquiries】 Iga International Friendship Association Tel:070-4455-4900



National Health Insurance Tax Rate will Change

こくみんけんこうほけんぜいりつ か
国民健康保険税率が変わります

Iga City's National Health Insurance has been running a large deficit in recent years, mainly due to the increase in medical expenses, so the insurance tax will be revised in stages.

To reduce the tax for households with incomes below a certain amount, please contact the following.

【Inquiries】 Hoken Nenkin-ka Tel:0595-22-9659



Tax Notices for Municipal and Prefectural Tax will be Posted Soon

し けんみんぜい のうぜいつうちょう
市・県民税 納税通知書

【Date of Tax Notice Dispatch】 June 10 Friday

You can easily make your payments at any banks, convenience stores or Apps on your smartphone.

【Deadline for Payment】 The end of June, August, October and January (4 times annually)

*Those who are 65 years old or older and are liable for tax on their pension income are collected by direct debit.

【Inquiries】 Kazei-ka Tel:0595-22-9613



PR "IGA" at Digital Books in 10 Languages

「広報いが」10言語対応デジタルブックで配信中

You can read Iga City's PR paper with an application "Catalog Pocket" in 10 automatically translated languages. You can get the necessary information in your convenient language.

First, download the application and register for PR Iga.

【Inquiries】 Hisho-Koho-Ka TEL:0595-22-9636



Tax Payment Reminder via SMS

SMSで納税催告をします

City Hall sends tax reminders via SMS (short message service on smartphones). You may receive a message asking you to contact the City Hall Tax Collection Division.

★Beware of scam e-mails!★

City Hall will never ask you to deposit money into the designated account!

【Inquiries】 Shuzei-Ka TEL:0595-22-9612

Consultation services for people in need

せいかつ ことば かんた しょうだんまどぐち
生活にお困りの方の相談窓口

People who have lost their income and are having trouble making ends meet.

People who are having trouble paying their rent, utility bills, debt repayments, and credit card payments.

People who have trouble finding work.

People who have family members close to them who are shut-ins.

People who have a heavy burden of childcare or family care.

People who have no one to whom they can talk about their problems.

Please feel free to call us to discuss your needs. Consultations are free and confidential.

【Inquiries】 Seikatsu-Shien-ka Tel:0595-22-9650

Hikikomori Support nest Tel:090-3483-2584 / Tabunka-Kyousei-Ka Tel:0595-22-9702

